

## Calorie content of Foods and Beverages

### Starches/Breads

**80 calories per serving**

**Serving Size**

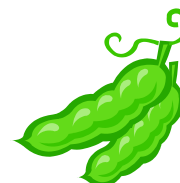
#### Cereals/Beans/Grains/Pasta

Cereal, cooked (oatmeal, cream of wheat, rice, etc)	1/2 cup
Cereal, dry (less than 100 calories per serving) (Serving sizes vary.)	(see box)
Beans, cooked or canned (all kinds)	1/3 cup
Rice, cooked (all kinds)	1/3 cup
Pasta, cooked (all kinds)	1/2 cup



### Starchy Vegetables

Corn, cooked or canned	1/2 cup
Corn meal, uncooked ( matzo meal)	2 Tbsp
Peas (green), cooked or canned	1/2 cup
Plantain (green, mature), cooked	1/2 cup
Potato Baked, boiled; steamed	1 small (3oz) 1/2 cup
Squash (winter, acorn, hubbard)	1 cup
Yam or sweet potato	1/2 cup



### Breads

Bread (whole wheat, rye, white)	1 oz. slice
Bagel	1/2 (1 oz)
Sandwich bun/roll (hamburger, hotdog, kaiser)	1/2
Roll (dinner, hard)	1 small
English muffin	1/2
Pita pocket bread (6"-8" across)	1/2
Tortilla (6" corn or 8" flour)	1
Dumplings or gnocchi; steamed	1/2 cup



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## Crackers/Snacks

	Serving Size
Graham crackers (squares)	3
Crackers (80 calories/serving)	4-6
Pretzels (hard)	3/4 oz
Popcorn (plain, popped)	3 cups



## Starches and Breads with Fat

**125-150 calories per serving**

Biscuit (2 1/2")	1
Corn, taco, or tortilla chips	1 oz
Potato chips	10
Refried beans	1/3 cup
Spaghetti sauce or marinara sauce	1/2 cup
Rice (fried, Spanish)	1/2 cup



## Fruits

**60 calories per serving**

Apple, raw (2" across)	1
Applesauce (no sugar added)	1/2 cup
Banana (medium)	1/2
Berries (raspberries, boysenberries)	1 cup
Berries (blackberries, blueberries)	3/4 cup
Cantaloupe or honeydew melon	1 cup
Cherries, raw (large)	12
Grapefruit (medium)	1/2
Grapes (small)	15
Mandarin oranges	3/4 cup
Mango, fresh (small)	1/2
Orange (2 1/2" across)	1
Papaya	1
Peach or pear (2 3/4" across)	1
Pineapple, fresh	3/4 cup
Plums, raw (2" across)	2
Raisins	2 Tbsp.
Watermelon	1 3/4 cup



## Fruit Juices

Apple, orange, or grapefruit	1/2 cup
Cranberry, grape, or prune	1/3 cup



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## Vegetables

**25 calories per serving**

**cooked**

**raw**

**Serving Size**

1/2 cup

1 cup

Beans (green, waxed, snap, Italian)

Bean sprouts

Beets

Broccoli

Brussel sprouts

Cabbage

Carrots

Cauliflower

Celery

Cucumber

Eggplant

Greens

Lettuce

Mushrooms

Okra

Onion

Pea pods or snow peas

Peppers

Radishes

Sauerkraut

Spinach

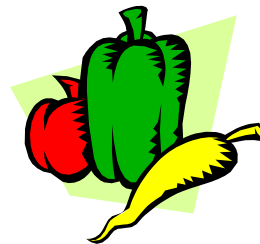
Squash (summer)

Tomato

Tomato or vegetable juice

Water chestnuts

Zucchini



## Meat and Meat Substitutes

### Lean Meats

**55 calories per serving**

Cheese with 1-3 grams fat per oz

Chicken or turkey, skin removed

Lean beef (round, extra lean ground  
round, flank steak)

**Serving Size**

1 oz

1 oz

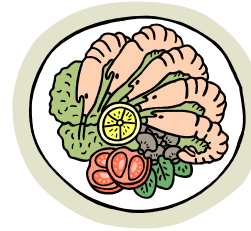
1 oz



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Lean pork (canadian bacon, ham)	1 oz
Fish; fresh or frozen	1 oz
Shellfish (clams, crab, lobster, octopus, shrimp, squid)	1/4 oz
Tuna; canned in water	1/4 cup
Cottage cheese ( low-fat)	1/4 cup



## Medium-fat Meats

### 75 calories per serving

Beef, pork, or lamb (most cuts)	1 oz
Cheese with 4-5 grams fat per oz	1 oz
Egg	1
Liver	1 oz
Cheese, low-fat, part skim ( ricotta, string cheese)	1 oz



## Milk and Milk Products

### Skim Milk and Products

#### Serving Size

### 90-110 calories per serving

Skim, ½%, or 1% milk	8 oz
Buttermilk (low-fat)	8 oz
Yogurt (non-fat, plain or artificially sweetened)	8 oz
Hot cocoa from mix (artificially sweetened)	1 envelope



### Low-fat Milk and Products

### 120-150 calories per serving

2% milk	8 oz
Yogurt, regular, plain	8 oz

### Whole Milk and Products

### 150-170 calories per serving

To reduce your intake of cholesterol and saturated fat, limit or avoid foods in this group.

Whole Milk	8 oz
Yogurt, regular, plain	8 oz

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## Fats

45 calories per serving

### Unsaturated fats

### Serving Size

Avocado, 4" across	1/8
Margarine, stick, tub	1 tsp
Margarine, diet	1 Tbsp
Mayonnaise, regular	1 tsp
Mayonnaise, reduced-calorie	1 Tbsp
Pesto Sauce	2 tsp
Salad dressing, regular	1 Tbsp
Salad dressing, reduced-calorie	2 Tbsp
Oil (canola, corn safflower, sunflower, olive, soybean, peanut, sesame)	1 tsp
Nuts or seeds	1 Tbsp



### Saturated Fats

Bacon	1 slice
Butter	1 tsp
Chicken fat, pork fat, or beef fat	1 tsp
Lard	1 tsp
Nondairy creamer, liquid	2 Tbsp
Nondairy creamer, powdered	4 tsp
Cream (light table, coffee, sour)	2 Tbsp
Cream cheese	1 Tbsp



January 2003

### Reference

Mahan, L and Escott-Stump, S. **Krause's Food, Nutrition and Diet Therapy**,  
10<sup>th</sup> ed. 2000.